

The Egg Allergy Prevention Study

Egg Allergy

Egg allergy is the most common food allergy affecting young children and continues to increase in prevalence. The once 'transient' nature of egg allergy is now persisting much later, sometimes into adulthood. Allergic reactions to egg vary from mild itchiness, swelling or abdominal discomfort to life-threatening reactions with difficulty breathing and collapse. There is no treatment for egg allergy except egg avoidance, which can be time-consuming, difficult and stressful for families.

Previous research

Infants who have moderate to severe eczema are at highest risk of developing egg allergy. 50% of children with egg allergy go on to develop respiratory (asthma, Hayfever) allergic disease. Recent studies suggest that oral tolerance to "allergy-causing" foods can be achieved through early, regular exposure to these foods.

Our study – Egg allergy prevention study

In this study we hope to show that early, regular feeding with egg will reduce egg allergy. Participation will include a dietary supplement from 4-8 months, 3 allergy clinic visits at Princess Margaret Hospital and 4 follow-up phone calls.

How can you help?

Your baby may be eligible if he/she:

- Is less than 5 months of age;
- Has eczema;
- Has not had solid foods prior to 4 months of age;
- Has not had foods containing egg prior to study entry.

If you would like to be involved in this exciting and valuable research, please contact us.

Contact Details

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